



**Your baby's skin
has to last a lifetime**



IDAHO DEPARTMENT OF
HEALTH & WELFARE

Protect Your Baby

Exposure to the sun's rays can hurt your baby's skin

Too much sun early in life can lead to serious health problems later, including a skin cancer called melanoma (mel-uh-noh-muh).

Keep it covered when outdoors...

Other easy things to do:

-  Limit time outside – especially between 10 a.m. and 4 p.m. when the sun's rays are the strongest
-  When outdoors, make sure your baby wears a light weight long sleeve shirt, long pants, and a sun hat that protects the neck and ears even when it's hot
-  Give your baby plenty of water during hot days – babies sweat too!
-  Sunscreen is not recommended until your baby is six months old – then after that age, use SPF 15 or greater
-  Put SPF 15 sunscreen on 20 minutes before you take your baby outside.
-  Remember that water, snow, concrete, and glass can make the sun's rays stronger and more harmful to your baby's skin
-  The sun's rays are still harmful on cloudy days
-  Seek or create shade for your baby and limit the time in the sun

Play it safe and protect the skin your baby's in!

For more information call a doctor, or visit the American Cancer Society web site at www.cancer.org